

**Please amend the Abstract of Disclosure as shown below:**

A transmission power control method, ~~a transmitting and receiving~~ and an apparatus, which includes a base station and a mobile station, can lower a transmission power of a counterpart station ~~with assuring~~ and assure a communication quality, such as a desired bit error ratio, block error ratio, and so forth. ~~A by setting a control reference value is set to be used~~ for generation of as a control instruction controlling the transmission power of the counterpart station in a closed loop ~~type transmission power control~~, when ~~an~~ error correction coding and interleaving are used together. The transmission power control method includes ~~step~~ steps of receiving a signal transmitted from a communication counterpart station, ~~step of~~ measuring a reception quality value of each received time slot, control instruction determining step of periodically determining a control instruction depending upon the reception quality values of the plurality of slots and ~~transmission step of~~ transmitting the control instruction to the counterpart station, whereby the control instruction ~~being~~ is used for transmission power control of the counterpart station.